



Community Health Needs and Resources

Community Asset Listing: Deer Lake White Bay

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Introduction

Community assets include anything that can be used to improve the quality of community life. This may include things such as a physical structure or place, community service or health service. The PHC community assets provide insight into the resources that communities have available to them to support health and wellness. Community assets can be used as a foundation for community improvement. Understanding a community's strengths makes it easier to understand what kinds of programs or initiatives might be possible to address the community's needs. The purpose of this community asset listing is to identify the assets available in the Deer Lake White Bay Primary Health Care Area. It is recognized that while this listing may not include every community asset, it should provide an overview of the major assets available within a health region, with a focus on health and community resources that support individuals and communities in maintaining a safe and healthy environment. Please find below the community assets summary of the Deer Lake White Bay Primary Health Care Area. The Deer Lake/White Bay Primary Health Care Area includes the following communities: Humber Village, Little Rapids, Pasadena, Pynns Brook, Humber Valley Resort, St. Judes, Deer Lake, Howley, Cormack, Reidville, Bonne Bay Pond, Hampden, Pollards Point, Jackson's Arm, and Sop's Arm.

Community Assets Listing

Health Related Assets

Deer Lake Medical Clinic has three fees-for service General Practitioners, one Pediatrician, one salaried General Practitioner, a Nurse Practitioner, as well as Blood Collection and X-Ray services. Clinics operate each weekday with Western Memorial Regional Hospital in Corner Brook (52 km from Deer Lake) providing coverage for evening and weekend emergencies. At the Farm Road Office, in close proximity to the clinic, Western Health offers Population Health services including: Mental Health and Addictions, Community Health, Community Support and Ambulatory Care Clinic (e.g., Wound/Dressing Care). The communities of Reidville and Cormack, located just north of Deer Lake access services, including Medical in Deer Lake. These primary health care services are supported by two pharmacies, physiotherapy, denturist, dentist, chiropractic, and optometry services, and an ambulance service.

The second largest town in the Deer Lake/White Bay PHC area, Pasadena, is a growing community and is close to a full range of services in nearby Corner Brook (30 km) and Deer Lake (24 km). Pasadena Health Assets include two Fees-for service General Practitioner, Western Health Community Health and Community Support services and Pasadena Dental Office.

The communities of Hampden, Pollards Point and Jacksons Arm are located in White Bay and are 68, 95 and 113 kilometres from Deer Lake, respectively. Health Services are provided from rural Western Health Medical clinics and include Salaried Physician, Community Health and Community Support Services, Blood Collection and Pharmacy.

There are a number of Provincial programs and services that are accessible to all residents of Newfoundland and Labrador by way of toll free numbers, apps and the internet. These programs include the Newfoundland and Labrador Health Line, Planned Parenthood Sexual Health Centre, Bridge the Gapp, and Strongest Families.

Table 1: Health Related Assets

Health Asset	Community
Medical Clinic <ul style="list-style-type: none"> • Blood Collection Services • Primary Care Providers • X-ray Services 	Deer Lake
Medical Clinic <ul style="list-style-type: none"> • Primary Care Providers 	Pasadena
Physiotherapy Clinics (2)	Deer Lake
Pharmacy (3)	Deer Lake, Pasadena
Ambulance Services (4)	Deer Lake, Hampden , Jacksons Arm, Pasadena
Population Health Office <ul style="list-style-type: none"> • Mental Health and Addictions • Community Health • Community Support 	Deer Lake
Telehealth Services	Deer Lake
Community Health Office <ul style="list-style-type: none"> • Community Health • Community Support 	Pasadena
Opticals (2)	Deer Lake
Pediatric Clinic	Deer Lake
Rural Medical Clinic <ul style="list-style-type: none"> • Primary Care Provider • Pharmacy • Blood Collection • Community Health 	Hampden , Pollards Point, Jacksons Arm
Dental Clinics (3)	Pasadena, Deer Lake
Personal Care Homes (2)	Deer Lake, Pollards Point

Health Asset	Community
Provincial Health Programs and Services <ul style="list-style-type: none"> • NL Health Line • NL Planned Parenthood Sexual Health Center • Bridge the Gapp App • Strongest Families Program • Smokers Help Line • Gambling Help line 	Provincial

Emergency Related Assets

Deer Lake Fire Department consists of 32 volunteer firefighters, and is responsible for fire and accident calls in the Town of Deer Lake and surrounding area. The Deer Lake Ground Search and Rescue is a highly skilled volunteer rescue and recovery organization that is responsible for rescue operations in Deer Lake and surrounding areas but has assisted in recovery operation all over NL.

There is also a Community Trauma Response Team in Deer Lake that provides support and trauma debriefing after a distressing event.

All other communities in the area have small local volunteer fire department.

Ambulance Services are located in Jacksons Arm, Hampden and Deer Lake.

Table 2: Emergency Related Community Assets

Emergency Asset	Community
Royal Canadian Mounted Police: Deer Lake Detachment and Traffic Services West.	Located in Deer Lake serving Pasadena, Deer Lake and White Bay communities
Volunteer Fire Departments	Deer Lake, Pasadena, Howley, Cormack, Reidville, Hampden, Pollards Point and Jacksons Arm
Deer Lake Ground Search and Rescue	Deer Lake
Deer Lake Ambulance Services	Deer Lake and Surrounding area
Jacksons Arm Ambulance Service	Jacksons Arm Pollards Point
Hampden Ambulance Service	Hampden
Deer Lake Trauma Response Team	Deer Lake and Surrounding area
Red Cross	Deer Lake, Howley

Churches

The Majority of Churches are located in the larger communities of Deer Lake and Pasadena with all other communities except Reidville having at least one Church. The only Jehovah Witness and Baptist Churches in the area are located in Deer Lake.

Table 3: Churches

Denomination	Church	Community
<i>Roman Catholic</i>	Immaculate Conception Parish	Deer Lake
	Holy Rosary Parish	Pasadena
<i>Anglican</i>	St Michael And All Angels	Deer Lake
	St David of Wales Anglican Church	Pasadena
	St George of England Anglican Church	Cormack
	Anglican Church of the Transfiguration	Pollards Point
	St Bartholomew's Anglican Church	Jacksons Arm
	Anglican Church of the Epiphany	Hampden
	Church of the Ascension	Howley
<i>United</i>	Humber Valley United	Pasadena
	St Paul's United	Deer Lake
	Howley United	Howley
<i>Pentecostal</i>	Emmanuel Pentecostal	Deer Lake
	Pasadena Pentecostal	Pasadena
	Pentecostal Assembly	Pollards Point
	Mount Carmel Pentecostal Church	Howley
<i>Other</i>	Salvation Army Citadel	Deer Lake ,Hampden
	Jehovah Witness Kingdom Hall	Deer Lake
	Humber Valley Baptist Church	Deer Lake

Education

There are four Kindergarten to Grade12 school systems in the DLWB area located in the communities of Deer Lake, Pasadena, Hampden and Pollards Point. The only adult education centre which offers upgrading to individuals who did not receive a high school diploma is located in Deer Lake.

Table Four: Schools

School	Type	Community
Elwood Elementary	Primary Elementary (K-5)	Deer Lake
Xavier	Intermediate (6-9)	Deer Lake
Elwood High	High (10-12)	Deer Lake
Pasadena Elementary	Primary Elementary (K-6)	Pasadena
Pasadena Academy	Junior High (7-12)	Pasadena
Hampden Academy	All Grade (K-12)	Hampden
Main River Academy	All Grade (K-12)	Pollards Point
Deer Lake Adult Basic Education	Adult	Deer Lake

Early Learning and Childcare

Early learning and childcare is an essential part of healthy child development. In the DLWB area there are private day care providers and a family resource center.

Table 5: Early Learning and Childcare Assets

Early Learning and Childcare	Community
Tree House Family Resource Center	Deer Lake, Pollards Point, Hampden, Pasadena
Child Care Providers	Pasadena (1), Deer Lake (1)
Humber Valley Day Care	Pasadena

Community and Volunteer Organizations

Many of the programs and services provided to the DLWB area such as town councils, fire departments, recreation committees, social clubs, sports/recreation programs, youth groups, seniors clubs, etc. are supported by community volunteers. There are a committed volunteer organizations base in the area . Table 6 below provides a listing of community and volunteer organizations by community for the DLWB Area.

Table 6: Community and Volunteer Organizations

Community and Volunteer Organization	Community
Children/Youth ,Men and/or women’s church groups for the Pentecostal, Salvation Army, Catholic, United and Anglican churches	Deer Lake,Pasadena, Howley, Cormack, Reidville, Hampden, Pollards Point and Jacksons Arm
Volunteer Fire Dept.	Deer Lake, Pasadena, Howley, Cormack, Reidville, Hampden, Pollards Point and Jacksons Arm
Festival Committees	Deer Lake, Pasadena, Howley, Cormack, Reidville, Hampden, Pollards Point and Jacksons Arm
Royal Canadian Legion	Pasadena, Deer Lake
Auxiliary Groups(3)	Pasadena
Lions Club Leo Club	Pasadena, Deer Lake
Seniors Club and/or Groups	Deer Lake, Pasadena, Howley, Hampden, Pollards Point and Jacksons Arm
Pasadena Volunteer fire fighters	Pasadena
Fireettes	Pasadena, Deer Lake
Girl Guides of Canada	Pasadena, Deer Lake
Scouts Canada	Pasadena
Community Garden	Pasadena, Deer Lake, Pollards Point
Royal Canadian Legion	Deer Lake
Page One Writers	Deer Lake

Community and Volunteer Organization	Community
Masonic Lodge	Deer Lake
Humber Valley Flyers Association	Deer Lake
Vera Perlin Association	Deer Lake
Humber Valley Development Association	Deer Lake

Public Facilities and Service

Communities within the DLWB area have a variety of services and community resources available to them than others. Deer Lake is the major services centre for the area with a wide range of facilities and services. Table 7 below provides a listing of Public Facilities by community for the DLWB Area.

Table 7: Public Facilities

Public Facility	Community
Grocery Store	Deer Lake (2) Hampden, Pollards Point, & Pasadena
General Store	Howley
Gas Station	Hampden, Pollards Point, Pasadena, Howley, Cormack, Deer Lake (several)
Restaurant & Take-out	Deer Lake (several) Pollards Point, Cormack, Pasadena (7)
Library/Computer access	Deer Lake, Cormack, Pollards Point
Hotels Motel/Bar	Deer Lake (several) Pollards Point
Post Office	Deer Lake, Pollards Point, Hampden & Pasadena
Pharmacy	Pasadena (2) Deer Lake (2)
Convenience Stores	Deer Lake, Pasadena, Cormack, Pollards Point, Hampden
NLC express	Pasadena, Deer Lake, Cormack
Hair Salon (multiple)	Pasadena, Deer Lake
Building supply Companies (3)	Deer Lake, Pasadena
Garages	Deer Lake, Cormack & Pasadena
Helicopter Services	Pasadena Deer Lake
Venture Center housing multiple small	Pasadena

Public Facility	Community
business	
Gift/Novelty store	Deer Lake, Pasadena
ATM's	Pasadena, Deer Lake, Cormack
Laundromat	Deer Lake, Cormack
Thrift Store	Deer Lake; Pasadena
Deer Lake Food Bank	Deer Lake
Bed and Breakfasts/Inns/Cabins (several)	Deer Lake, Cormack, Reidville
Acupuncture service (1)	Deer Lake
Airport	Deer Lake
Taxi Services (2)	Deer Lake
Car Rental services (multiple)	Deer Lake
Dog grooming (multiple)	Deer Lake, Cormack
Kennel Services (1)	Deer Lake
Computer repair services (1)	Deer Lake
Plumbing services (several)	Deer Lake
Electrical repair/installation services (several)	Deer Lake
Refrigeration services (2)	Deer Lake
Banking Services (3)	Deer Lake
Retail stores (Clothing, gifts, sewing, sporting goods,(several))	Deer Lake
Flower services (several)	Deer Lake, Cormack
Gardening services/nursery	Deer Lake
Insectarium	Deer Lake
Pre-hire services (1)	Deer Lake
Bell Store (TV, Cell phone, internet) (1)	Deer Lake
Tax Services (multiple)	Deer Lake
Tanning salon (1)	Deer Lake, Cormack
Lawyer services (1)	Deer Lake

Public Facility	Community
Accountant services (1)	Deer Lake
Gym/personal training services/sport training	Deer Lake
Real Estate Services	Deer Lake
Meat Cutter	Reidville, Cormack
Farms (vegetable, dairy, wheat/canola, hay)	Cormack
Horseback riding, wagon rides	Reidville
Trucking services	Deer Lake, Cormack
Land Survey Services	Deer Lake
Sodding services	Deer Lake, Reidville
Recycling services	Deer Lake
Automotive parts supply services	Deer Lake
Paving company	Deer Lake
Paint Store	Deer Lake
Personal Care Home	Deer Lake, Pollards Point
Insurance Services	Deer Lake

Recreation and Leisure Organizations

There is a Sport Complex located in Deer Lake and Pasadena, as well as a variety of other recreational spaces throughout the Area; most communities have access to a playground, soccer field, community or church hall, and hiking/walking trails. Table 8 below provides a listing of recreation and leisure Facilities by community for the DLWB Area.

Table 9: Recreation and Leisure Organizations

Recreation and Leisure Facility	Community
Dove Memorial Recreation Committee	Hampden
Fifty Plus Club	Hampden
Fifty Plus Club	Pollards Point/Sops Arm/Jackson's Arm
Municipal Park	Sops Arm
Walking Trails	Pasadena; Deer Lake ,Reidville, White Bay
Snowmobile Trails	Pasadena

Recreation and Leisure Facility	Community
Nature and Ski Park	Pasadena
4 Playgrounds	Pasadena
2 Baseball Fields	Pasadena
1 Soccer field	Pasadena
1 skate board park	Pasadena
Dog Park	Pasadena, Deer Lake
Community Rec Center and Gym	Pasadena
Tennis and Basketball Courts	Pasadena
Outdoor Skating Rink.	Pasadena
3 Public Beaches	Pasadena
Public Boat Launch	Pasadena
Minor Soccer League	Pasadena
Minor Baseball League	Pasadena
Minor Basketball	Pasadena
Men and Ladies adult softball league	Pasadena
Men's and ladies Volley Ball league	Pasadena
Tae Kwon Do	Pasadena
Library	Pasadena
Evening Reading program for Youth	Pasadena
Beach volley Ball Courts.	Pasadena
1 Fully serviced Camp Ground	Pasadena
Fitness Programs for Toddlers, youth, adult and seniors.	Pasadena
Men's and Women's Floor Hockey	Pasadena

Recreation and Leisure Facility	Community
Dance Classes for children	Pasadena
West Haven Summer Camp	Pasadena
After School Program at Rec Center	Pasadena
Wacky Wednesday actives for children in the summer	Pasadena
Walking Trails (2)	Deer Lake/Reidville
Hodder Memorial Recreation Complex (skating rink, swimming pool, bowling alley)	Deer Lake
Tennis Court (2)	Deer Lake
Softball field	Deer Lake, Cormack, Reidville
Playgrounds several	Deer Lake, Cormack, Reidville
Soccer field	Deer Lake, Cormack, Reidville
Golf Course	Deer Lake
Events field	Deer Lake
RV park/day use park	Deer Lake, Howley, Cormack
Groomed snowmobile trails	Deer Lake
Skateboard park	Deer Lake
Beach volleyball court	Deer Lake
Deer Lake Minor Hockey	Deer Lake
Deer Lake Minor Soccer	Deer Lake
Deer Lake Skating Club	Deer Lake
Deer Lake Minor Baseball	Deer Lake
DL Dolphins Swim Team	Deer Lake
Gracia Gymnastics	Deer Lake
Deer Lake Ball Hockey	Deer Lake
School based sports teams (basketball, volleyball, cross country running, hockey)	Deer Lake
Youth Summer Recreation Program	Deer Lake, Reidville, Cormack
Humber Valley Vocal Club	Deer Lake
Club GIGGLE/Kahoots/Jr. & Senior Youth	Deer Lake

Recreation and Leisure Facility	Community
Groups (Church Youth Groups)	
Sea Cadets	Deer Lake
Sparks, Brownies, Girl Guides, Beavers, Scouts	Deer Lake Deer Lake
Karate	Deer Lake
Bootcamp classes, Spin classes, Zumba classes	Deer Lake, Reidville, Cormack
Women's/Men's Softball league	Deer Lake
Walking at local churches	Deer Lake
50 + groups (multiple)	Deer Lake, Cormack
A/A and N/A Groups	Deer Lake
Single Mom's Group	Deer Lake
Bible Study Groups (multiple)	Deer Lake
Community Garden	Deer Lake, Cormack
Knitting Group	Reidville, Pasadena
TOPS Group	Deer Lake
Meditation Classes	Deer Lake, Pasadena,
Yoga	Deer Lake, Pasadena, Reifville
Outdoor swimming pool, waterslide, mini golf	Cormack

Other

Other community assets include community based initiatives like festivals, carnivals, and family fun days. These festivals are often supported and organized by town councils, community groups, and volunteers, and create an engaging community environment. Table 10 below provides a listing other assets by community for the DLWB Area.

Table 10: Other Community Assets

Other Assets	Community
Winter Carnival	
Canada Day Parades and Events (July)	
Fall Fair (Sept.)	
Summer Fest	

Conclusion

The Deer Lake White Bay Area includes with eight communities along the route West from Pasadena to Jacksons Arm in the north east.

Health Services within the PHC area are provided at Medical Clinics and Community Health Offices The Hub for most of these services being in Deer Lake. Emergency Health Services, Acute Care, and LTC are not available in the area and accessed primarily from Corner Brook. There are also Provincial programs and services available to the area such as Health Line, Smokers Help Line, Gambling Health Line, Planned Parenthood Sexual Health Line, Bridge the Gapp and Strongest Families.

In regards to emergency related community assets there are a number of volunteer fire departments throughout the area, as well as RCMP, Ambulance Services, and Search and Rescue which are more centrally located in Deer Lake. There are also Provincial programs and services available to the area such as 911, Kids Help Line, the Mental Health Crisis Line, Sexual Assault Line, and Services for Victims of Violence.

The Deer Lake area has three schools (kindergarten to Grade 5. Grade 6 to Grade 9 and Grade 9 to Grade 12) , Pasadena has two schools (kindergarten to Grade 6, Grade 7 to Grade 12) ,while the White Bay area has two multi-grade schools (kindergarten to Grade 12) The DLWB Area has many different churches, a Family Resource Center with several satellite sites, and multiple community volunteer organizations and committees. Many of the programs and services provided to the area such as town councils, fire departments, recreation committees, seniors clubs, sports and recreation programs, youth groups, social clubs, etc. are supported by community volunteers.

Much of the industry in the DLWB Area has its roots in Fishing or Forestry with Deer Lake growing into a major service centre for the area and a transportation and service hub for tourists. Deer Lake provides access to financial institutions, grocery stores, restaurants, general retail stores, convenience stores, hardware and supply stores, etc. There are a variety of recreation spaces throughout the area and most communities have access to a playground, soccer field, community or church hall. Access to recreation programming varies from community to community, with much of the programming happening in Deer Lake and Pasadena (Youth Sports Teams, Hockey, Girl Guides, Scouts, Cadets, etc.). There is a regional Sports Complex Arena and Pool in Deer Lake and a Recreation Complex in Pasadena.